

RAW BARBELL CLUB'S

FAST AND STRONG PROGRAM

(For Beasts and Sandbags)



By Andrew Rajeevan



RAW BARBELL CLUB's

**FAST AND STRONG
PROGRAM**

Work on Technique, Strength & Speed

BY ANDREW RAJEEVAN

[@TrainWithAndy](#)

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ABOUT: RAW BARBELL CLUB

RAW Barbell is an Olympic Weightlifting Club and Strength & Conditioning facility based in the Hawkesbury region of NSW, Australia. What started of as a humble gym has exploded. We have so many awesome athletes from so many different places with different backgrounds and different ability levels. We are the misfits of the strength scene and we are here to stay.

Over the last few years we have risen in popularity due to the success of our athletes, both in competition and in the gym. From lifting big weights to helping someone rehabilitate after back surgery we are movement experts. But more than that we are a family that want to get strong together.

Want to learn more about RAW Barbell Club?

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If you're thinking about using this program, please be smart. Don't participate in strenuous exercise unless cleared by a competent medical professional. Heavy weights can be dangerous, so only perform these exercises if you can do so safely. If you follow any of these programs or perform any of these exercises, you do so at your own risk.



RAW BARBELL CLUB'S

FAST AND STRONG PROGRAM

(For Beasts and Sandbags)

WEEK 1 (STRENGTH VOLUME FOCUS)

MONDAY

Warm Up

3-5 Minutes on Rower or Skipping

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

10 Band Pull Aparts

10 Monster Push Outs

10 Banded Hamstring Curls

5 Broomstick Around the Worlds

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

5 Broomstick High Hang Snatches

Technique - High Hang Snatch 5RM

Strength

5 Second Eccentric, 2 Second Pause Back Squat 1RM

then 55%x5, 60%x5, 65%x5, 70%x5, 75%x5

Bench Press 55%x5, 60%x5, 65%x5, 70%x5, 75%x5

Banded Face Pulls 15-20 Reps Between Sets

Gainz - 2 Rounds:

Romanian Deadlift 10-15 Reps

DB Lunges 10-15 Reps

Slow Lower Leg Extension 15-20 Reps

Barbell Bicep Curl 10-15 Reps

TUESDAY

Warm Up

3-5 Minutes on Bike or Prowler

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

5 KB Strict Press

5 KB Push Press

5 Goblet Squat Holds

5 KB Swings

Technique

2 Snatch Push Press + 3 Sec Pause Overhead Squat 2

Power Clean 70%x3, 75%x3, 80%x3

Strength - 5 Second Slow Eccentric Deadlift 55%x5, 65%x5, 75%x5

Gainz - 2 Rounds:

Barbell Rows 8-10 Reps

DB Calf Raises 15-20 Reps

Banded Hamstring Curls 15-20 Reps (Pause at Butt)

1 Minute Plank

WEDNESDAY

Warm Up

3-5 Minutes on Rower or Jog

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

10-15 Banded Row

10-15 Banded Lunging Pallof Press

10-15 Banded Good Mornings

10-15 Wide Stance Goblet Squats

10-15 Broomstick Overhead Squats

10-15 Broomstick Snatches (Practice different catch heights)

Technique

High Power Snatch + Parallel Power Snatch + Snatch @55%, 65%, 75% of Snatch

3 Push Press + 2 Power Jerk

Strength - 5 Second Eccentric, 2 Second Pause Front Squat 1RM, *then* (75%x5)x5

Gainz

Axle Bar Strict Press 3x10

Then 2 Rounds:

Slow Lower Leg Extension 15-20 Reps

Belt Squat w/ Kettlebell 10-15 Reps (Heavy)

Barbell Good Mornings 10-15 Reps

THURSDAY

Warm Up

3-5 Minutes on Bike or Rower or Prowler

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

20 Monster Push Outs

20 Lu Raises

20 Banded Goodmornings

20 Wide Goblet Squats

5 Broomstick Around the Worlds

5 Broomstick Snatch Push Press

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

Technique

Snatch Push Press + 3 Sec Pause Overhead Squat (up to <78% of Snatch)

High Hang Clean 5RM

Strength - 5 Second Pause Incline Bench Press 1RM *then* (75%x5)x5

Gainz - 2 Rounds:

MAX Rep Pull Ups

Shoulder Press 8-10 Reps

Bent Over Rear Delt Flyes 10-15 Reps

1 Minute Hollow Hold

SATURDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

- 5 Goblet Squat Holds
- 5 Theraband Overhead Snatch Pull Backs
- 5 Broomstick Around the Worlds
- 5 Broomstick Overhead Squats
- 5 Broomstick Snatch Balances
- 5 Broomstick High Hang Snatches
- 5 Broomstick Hang Snatches
- 5 Broomstick Snatches

Snatch Technique Work (75%x3)x3

Wide Stance Box Squat 10RM

Hex Bar Deadlift 10RM

Gainz - 2 Rounds:

- DB Chest Press 12-15 Reps
- Barbell Skull Crushers 12-15 Reps
- Abs of Choice

WEEK 2 (TECHNIQUE VOLUME FOCUS)

MONDAY

Warm Up

3-5 Minutes on Bike or Jog or Prowler

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

- 20 Clams
- 20 Calf Raises
- 20 Glute Bridges
- 5 Broomstick Around the Worlds
- 5 Broomstick Overhead Squats
- 5 Broomstick Snatch Balances
- 5 Broomstick High Hang Snatches

Technique - High Hang Snatch 5RM *then* (90%x5)x2

Strength

5 Second Eccentric, 2 Second Pause Back Squat 1RM, *then* 60%x3, 70%x3, 80%x3

Bench Press 60%x3, 70%x3, 80%x3

Banded Pull Aparts 15-20 Between Sets

Gainz - 2 Rounds:

- Romanian Deadlift 10-15 Reps
- Goblet Rear Foot Elevated Split Squats 10-15 (Use a Dumbbell)
- Slow Lower Leg Extension 15-20 Reps
- 1 Minute Banded Triceps Curls

TUESDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

5 Single Arm KB Swings

5 Goblet Squat Holds

5 KB Upright Rows

5 KB Strict Press

5 KB Cleans

Technique

2 Snatch Push Press + 3 Sec Pause Overhead Squat

Power Clean (70%x3)x2, (80%x3)x2, 85%x3

Strength

5 Second Slow Eccentric Deadlift 60%x3, 70%x3, 80%x3

Gainz

Banded Kettlebell swing Accumulate 40 Reps

then 2 Rounds:

Cable Close Grip Row 8-10 Reps

Barbell Calf Raises 10-15 Reps

Leg Raises 20-30 Reps

WEDNESDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

10-15 Plate Squats

10-15 Banded Row

10-15 Face Pulls

10-15 Banded External Rotations

10-15 Wide Stance Goblet Squats

Technique

High Power Snatch + Parallel Power Snatch + Snatch then 90% for 2 sets

3 Push Press + 2 Power Jerk, *then* 90% for 2 sets

Strength - 5 Second Eccentric, 2 Second Pause Front Squat 1RM, *then* (78%x5)x4

Gainz

Axle Bar Strict Press 3x8

2 Rounds:

Good Mornings 10-15 Reps

Slow Lower Leg Extension 15-20 Reps

Dumbbell Goblet Incline Squat 2x10-15 reps (Load quads by keeping knees forward)

THURSDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

- 5 Broomstick Snatch Strict Press
- 5 Broomstick Around the Worlds
- 5 Broomstick Snatch Push Press
- 5 Broomstick Overhead Squats
- 5 Broomstick Snatch Balances

Technique

2 Snatch Push Press + 3 Sec Pause Overhead Squat (<80% of Snatch)

High Hang Clean 5RM then (90%x5)x2

Strength

5 Second Pause Incline Bench Press 1RM *then* (78%x5)x4

Hex Bar Deadlift – Build to 90% of last week for 8 Reps

Gainz

Towel Pull Ups – 8 minute EMOM

Then 2 Rounds:

- Prone Laying DB Rows 10-15 Reps
- LU Raises 15-20 Reps
- Bicycle Kicks 20-30 Reps (Abs)

FRIDAY - REST OR ACTIVE RECOVERY

SATURDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

- 10 Hamstring Curls
- 10 Calf Raises
- 10 Airsquats
- 5 Goblet Squat Holds
- 5 Theraband Overhead Snatch Pull Backs
- 5 Broomstick Around the Worlds
- 5 Broomstick Overhead Squats
- 5 Broomstick Snatch Balances
- 5 Broomstick High Hang Snatches

Technique

Snatch Heavy Single

Clean and Jerk (75%x2)x2

Strength - Wide Stance Box Squat 90% of last week for 8 Reps

Gainz - 2 Rounds:

- DB Chest Flyes 12-15 reps
- Banded Bicep Curls 30 Reps
- Abs of Choice

WEEK 3 (HEAVY STRENGTH FOCUS)

MONDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

15 Ring Rows

15 Push Ups

5 Broomstick Around the Worlds

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

5 Broomstick High Hang Snatches

Technique - High Hang Snatch 90% of Last week for 2x3

Strength

5 Second Eccentric, 2 Second Pause Back Squat 1RM

then 65%x5, 75%x3, 85%xMAX Reps

Bench Press 65%x5, 75%x3, 85%xMAX Reps

Banded Pull Aparts 15-20 Between Sets

Gainz

Romanian Deadlift 1x8-12

then 2 Rounds:

Step Ups in Banded Belt Squat 15-20 Reps

Slow Lower Leg Extension 15-20 Reps

DB Bicep Curls 15-20 Reps

TUESDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

5 Box Jumps

5 DB Shoulder Press

10-15 Air Squats

10-15 Banded Face Pulls

10-15 Band Pull Aparts

10-15 Broomstick Snatch Press

Technique

Snatch Push Press 2RM

Power Clean 70%x2, 75%x2, 80%x2, 85%x2

Strength - 5 Second Slow Eccentric Deadlift 65%x5, 75%x3, 85%x MAX Reps

Gainz

40 Incline Calf Raises

40 Pallof Press (each side)

then 2 Rounds:

T-Bar Rows 10-15 Reps

Glute Ham Raise 10-20 Reps (weight as needed)

WEDNESDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

10-15 Calf Raises

10-15 Banded Row

10-15 Lu Raises

10-15 Banded External Rotations

10-15 KB Swings

Technique - Power Snatch 70%x3, 75%x3, 80%x2, 85%x2

Strength

Push Press 3RM

5 Second Eccentric, 2 Second Pause Front Squat 1RM, *then* (80%x5)x3

Gainz

Axle Bar Strict Press 3x7

Good Mornings 1x8-12 Reps

Heavy Dead Ball in Tummy Squats Accumulate 40 Reps

Slow Lower Leg Extension 2x15-20 Reps

THURSDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

5 Broomstick Snatch Strict Press

5 Broomstick Around the Worlds

5 Broomstick Snatch Push Press

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

Technique

2 Snatch Push Press + 3 Sec Pause Overhead Squat (up to <73% of Snatch)

High Hang Clean 90% of Last week for 2x3 Reps

Strength - 5 Second Pause Incline Bench Press 1RM *then* (80%x5)x3

Gainz - 2 Rounds:

Pull Up holds (max swapping grips)

90 degree Rear Delt Flyes 10-15 Reps

Front Delt Raises 15-20 Reps

1 Min – Side Plank (each side)

FRIDAY - ACTIVE RECOVERY OR REST

SATURDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

20 Good Mornings

20 Hamstring Curls

20 Monster Push Outs

5 Goblet Squat Holds

5 Theraband Overhead Snatch Pull Backs

5 Broomstick Around the Worlds

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

5 Broomstick Snatches

Technique - Snatch (80%x2)x4

Strength

Wide Stance Box Squat 7RM

Hex Bar Deadlift 7RM

Gainz - 2 Rounds:

Bench Dips 15-20 Reps

DB Tricep Ext. 15-20 Reps

Abs of Choice

WEEK 4 (HEAVY TECHNIQUE FOCUS)

MONDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

2 Laps Walking Lunges

5 Broomstick Around the Worlds

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

5 Broomstick High Hang Snatches

Technique - High Hang Snatch 4RM then 90%x4

Strength

4 Second Eccentric, 3 Second Pause Back Squat 1RM *then* 58%x5, 68%x5, 78%x5

Bench Press 58%x5, 68%x5, 78%x5

Banded Pull Aparts 15-20 Between Sets

Gainz - 2 Rounds:

Romanian Deadlift 7-10 Reps

DB Skater Squats 10-15 Reps

Slow Lower Leg Extension 15-20 Reps

Barbell Skull Crushers 10-15 Reps

TUESDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

5 Single Arm KB Swings

5 Box Jumps

5 Goblet Squat Holds

5 KB Upright Rows

5 KB Strict Press

Technique

2 Snatch Push Press + 3 Sec Pause Overhead Squat

Power Clean 80%x3, 85%x2, 90%x1, 93%x1

Strength - 2 Second Pause at Break Deadlift 58%x5, 68%x5, 78%x5

Gainz - 2 Rounds:

1 Lap DB Slider Row

Barbell Calf Raises 30 Reps

WEDNESDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

10-15 Banded Face Pulls

10-15 Band Pull Aparts

10-15 Broomstick Snatch Press

10-15 Air Squats

Technique

Power Jerk 1RM then 90%x1

Power Snatch 80%x3, 85%x2, 90%x1, 95%x1

Strength - 4 Second Eccentric, 3 Second Pause Front Squat 1RM *then* (78%x4)x5

Gainz

Banded Belt Squat 40 Speed Squats (attach band to rig or floor)

Then 2 Rounds:

Slow Lower Leg Extension 15-20 Reps

Good Mornings 7-10 Reps



THURSDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

5 KB Sumo Deadlift High Pull

5 KB Goblet Squat Holds

5 Broomstick Around the Worlds

5 Broomstick Snatch Balances

Technique

2 Snatch Push Press + 3 Sec Pause Overhead Squat (<83% of Snatch)

High Hang Clean 4RM *then* 90%x4

Strength - 4 Second Pause Close Grip Bench Press 1RM *then* (78%x4)x5

Gainz

Alternate Grip Pull Ups – 8 minute EMOM

Then 2 Rounds:

Banded DB row 10-15 Reps

Single Arm KB Shoulder Press 10-15 Reps

Leg Raises 20-30 Reps

FRIDAY - ACTIVE RECOVERY OR REST

SATURDAY

Warm Up

3-5 Minutes on Bike/Rower/Jog/Skip/Prowler/Belt Walks

3-5 Minutes Stretching – Ankles, Shoulders & Hips as Needed

1-2 Rounds:

20 Push Ups

20 Ring Rows

20 Step Ups

5 Goblet Squat Holds

5 Theraband Overhead Snatch Pull Backs

5 Broomstick Around the Worlds

5 Broomstick Overhead Squats

5 Broomstick Snatch Balances

5 Broomstick High Hang Snatches

5 Broomstick Hang Snatches

5 Broomstick Snatches

Technique

Snatch Heavy Single

Clean & Jerk Heavy Single

Gainz - 2 Rounds:

Single Arm DB Chest Press 10-12 Reps

Barbell Bicep Curls 15-20 Reps

Abs of Choice

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